

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims**

1-20 (canceled)

21. (new) An exerciser for use in a stepping exercise, comprising:
- an exerciser base, further comprising:
    - (1) a central base support;
    - (2) a stabilizing support;
    - (3) a single upwardly extending vertical axle, extending from the central base support;
  - a rotative body, coaxial with the vertical axle and having a generally horizontally extending axle and a resistance attachment structure on the rotative body;
  - a pair of footpad arms, attached to the horizontally extending axle, one on each side of the rotative body;
  - a pair of foot pads attached to the foot pad arms, the foot pads being configured to receive a user's feet in the stepping exercise;
  - a pair of linkages each having joints disposed at each end of each linkage and attached individually to a footpad arm and interfaced with the exerciser base; and
  - wherein the footpad arms and footpads are actuated in a vertical manner and thereby move linkages with footpad arms and rotate linkages with the rotative body.
22. (new) The exercise device of claim 21 further comprising a resistance mechanism for providing restorative force when the support arms are actuated.
23. (new) The exercise device of claim 22, the resistance mechanism comprising:
- a base rod, having two ends and a defined axis;
  - at least one compressible cylinder in a coaxial relation to the base rod;
  - a stop structure abutting the at least one cylinder and disposed at one end of the base rod;

a thrust block, disposed next to the at least one cylinder towards the end opposite the stop structure, the thrust block further comprising:

- i. a block body having a centrally defined hole, through which the base rod passes;
- ii. a pivot axle, extending in a downwards direction from the block body; and an interface for attaching to a device requiring a resistance feature, the interface located at the end opposite the stop structure;

wherein, the resistance mechanism is actuated when the base rod is pulled in a manner to lessen the distance between the thrust block and stop structure, thereby compressing the at least one cylinders and providing resistance.

24. (new) The resistance mechanism of claim 23 further comprising at least one bushing, coaxially attached inside of each compressible cylinder between the cylinder and the base rod, said bushing being non-compressible so as to limit compression of each cylinder.

25. (new) The exercise device of claim 24, wherein at least one material from which the at least one compressible cylinder is composed is selected from the group consisting of: rubbers, synthetic rubbers, plastics, polymers, and metals.

26. (new) The exercise device of claim 25, wherein the stop structure is a handle, coaxially disposed on the base rod.

27. (new) The exercise device of claim 26, wherein the handle is threadingly engaged to the base rod, allowing for both removal and pre-compression of the at least one cylinder thereby increasing resistance.

28. (new) The exercise device of claim 26, wherein the handle is threadingly engaged to the base rod, allowing for pre-compression of the at least one cylinder thereby increasing resistance.

29. (new) The exercise device of claim 26, wherein the pair of linkages are interfaced with the exerciser base at a pivot point above a horizontal axle.
30. (new) An exerciser for use in a stepping exercise, comprising:  
an exerciser base, further comprising:  
(1) a central base support;  
(2) a stabilizing support;  
(3) a single upwardly extending vertical axle, extending from the central base support;  
a rotative body, coaxial with the vertical axle and having a generally horizontally extending axle and a resistance attachment structure on the rotative body;  
a pair of footpad arms, attached to a horizontally displaced axle, one on either side of the rotative body;  
a pair of foot pads attached to the foot pad arms, the foot pads being configured to receive a users feet in the stepping exercise;  
a pair of mechanical linkages each having joints disposed at each end of each mechanical linkage and attached individually to a footpad arm and interfaced with the vertical axle at a pivot point above a horizontal axle,  
wherein the footpad arms and footpads are actuated in a vertical manner and thereby move mechanical linkages with footpad arms and rotate mechanical linkages with the rotative body; and  
a compressive resistance assembly for providing restorative force to the rotative body.
31. (new) The exercise device of claim 30, the compressive resistance assembly, comprising:  
a base rod, having two ends and a defined axis;  
at least one compressible cylinder in a coaxial relation to the base rod;  
a stop structure abutting the at least one cylinder and disposed at one end of the base rod;  
a thrust block, disposed next to the at least one cylinder towards the end opposite the stop structure, the thrust block further comprising:

- i. a block body having a centrally defined hole, through which the base rod passes;
- ii. a pivot axle, extending in a downwards direction from the block body; and an interface for attaching to a device requiring a resistance feature, the interface located at the end opposite the stop structure;

wherein, the resistance mechanism is actuated when the base rod is pulled in a manner to lessen the distance between the thrust block and stop structure, thereby compressing the at least one cylinders and providing resistance.